The Philippine Recipes

COMPILED BY—P.M.G. ENTERPRISES

FOREWORD

Good meals make one healthy and happy. The happiness of a family rests on how good a housewife can meet their demands, most especially in her ability to prepare good food. Good foods however, do not necessarily mean expensive foods; cheaper foods are sometimes richer in food value.

These recipes are compiled from various sources. Prepared and tested, they will turn out well for the homemaker who from time to time wishes to prepare and cook something new and different for their home table.

The happiness and well being of the whole family depend on good health and energy. The clever homemaker realizes that in preparing wholesome food, there would be less expenditures for medical bills. Savory dishes prepared from a variety of appetizing recipes are described in this pamphlet to meet every homemaker's desire to know more about cooking and of foods used daily.

SOME HINTS ON THE RECIPES

A recipe has ingredients which are optional. They are desirable but are not required for the success of the recipe. Menus serve only as patterns and need not be exactly followed. Substitutes sometimes prove to be efficacious, such as the use of food at low prices or of left over food. An experienced cook will of course improvise other substitutions for unavailable ingredients of the menu. In some cases recipes can easily be doubled according to the number of servings desired.

To sum it up all, this compilation of varied dishes is intended to afford diversity and yet work out necessary dietetic measures. Most recipes are suggested for average servings.

MORCON

1 kilo beef
2 pcs. sweet pickles
1/4 cup soy sauce
3 slices bacon
2 tbsp. flour
1/4 tsp. salt
4 pcs. vienna sausage
1/2 pc. carrot
2 hard cooked eggs
2 tbsp. calamansi juice
3 cups boiling water
1/4 cup cooking oil

Slice beef in desired thickness. In bowl put calamansi juice and soy sauce and marinate beef. Cut vienna sausage into 4 diagonally, and mix with beef and so with sliced eggs, long strips of carrots and bacon. Add too the cheese, and roll neatly tieing it with a string. Dredge in flour and in hot cooking oil put the beef until brown. Add water seasoning with salt and vetsin. Cover and simmer until tender. Remove and slice arranging it on platter. Pour sauce garnishing with parsley.

CALLOS

1/2 pata
1/2 medium onion
1 clove garlic
1/4 kilo potatoes
1/4 cup tomatoes
5 tbsp. lard
1/2 cup peas
1 chorizo de bilbao
1 medium carrot
1 medium green pepper
3/4 cup lapay
Salt to taste

In 5 cups water cook pata which has been sliced and boned. When tender set aside. Saute garlic, onion, tomatoes and chorizo and then add pata, liver, lapay, potatoes and carrots. Cover and cook over low fire for 5 minutes. Add broth and season with salt. Add green pepper and peas. Cover and cook 5 minutes. Serve hot.

PORK ASADO

1 kilo pork
1/2 cup soy sauce
1/3 brown sugar
2 tbsp. white wine (optional)
2 cloves garlic
3/4 cup hotstock
1/2 tsp. salt
1/2 tsp. vetsin

In saucepan with hot stock mix soy sauce, sugar, wine (optional), salt, vetsin and crushed garlic. Put the pork unsliced and cover pan. Bring to a boil. In low fire simmer and when meat is tender, slice meat and serve hot with sauce.

ALMONDIGAS

2 cups ground meat
1 onion
5 tbsp. cooking oil
Garlic
5 tomatoes chopped
2 potatoes
2 eggs
Pepper

Mix ground meat with salt and pepper. Set aside. Beat eggs and combine with ground meat. Form into meat ball. If desired put a little flour. In hot cooking oil fry the meat balls until a little red brown. Set aside fried meat balls. Saute onion, garlic, tomatoes and put a little water or broth (if there is) until saucelike. When done put the meat balls and let simmer. Season to taste.

SINIGANG NA BABOY (WITH GUAVAS)

2/3 kilo pork
1/3 kilo beef ribs
8 ripe guavas
Salt

2 tbsp. sugar
4-5 cups water
3 cloves garlic

Clean pork and beef ribs and let boil in enough water until tender. Peel off guavas and remove the seeds. Slice into finely pieces or crushed the fruit and mix with the meat and pork. Season with salt and put sugar. (This sinigang goes well with bagoong most especially bagoong alamang.)

SINIGANG NA KARNE WITH SAMPALOC

1/2 kilo beef ribs
1/2 onion, sliced
2 small taro roots (sliced in 4's)
Patis
1 small bunch of yard long beans
1/2 kilo sliced pork
Sampaloc
Salt
Kangkong
3 tomatoes, sliced finely

Clean meat and pork. Boil in rice water the meat and pork. When tender add the tomatoes, onion and salt. In another pan cook the tamarind (sampaloc). When done crush and strain. Add the tamarind juice with the meat and pork and let boil. Add more rice water or water if desired or needed. Then put the taro roots (gabi), and when cooked add the kangkong leaves, the yard long beans (sitaw). Season with patis. Serve hot.

BACHOY WITH MISWA

2 pcs. pork kidney
1 pc. pork heart
1/4 cup onion, chopped
1/4 kilo pork liver
1/4 kilo tenderloin
2 segments, garlic

1 cup miswa (fine wheat noodles)
Small piece ginger
3 cups rice water (water from washing uncooked rice)

Cut kidney, heart, liver and pork into fine strips. Set aside. Saute garlic, ginger and onion. Add the pork, kidney, heart and liver and lean pork. Season with patis, and cook for at least 3 minutes add rice water and let it boil with cover. When tender add spring onions. Let simmer and nearly done add the miswa and season to taste. Remove from fire not overcooking the miswa so as not to become thick.

LUMPIA WITH PORK (MAKAW)

1/2 kilo ground pork
1 small box raising
1 medium sized onion
Soy Sauce
1/4 kilo yam bean (sinkamas)
30 pcs. lumpia wrappers
2 segments of garlic
Pepper (ground)

Slice into fine strips the yam bean (sinkamas) onion, and kintsay (celery). In hot cooking oil, saute garlic, onion, and ground pork and kintsay. Season with soy sauce and ground pepper. Cook and let boil until meat is tender. Mix the yam bean and after a while add the raisins. Remove from fire and spread on platter and let cool, before wrapping into lumpia rolls finger sized width and 2" - 2-1/2" length. In hot cooking oil fry the prepared rolls until red brown. May be served with sweet sour sauce or soy sauce.

BINANGIS

2 tbsp. cooking oil
200 gms. pork liver

2 pcs. pork kidney, in pcs.
4 cloves garlic, minced
1 red pepper
1/2 kilo pork, boiled and sliced
1 pork heart, cut into pcs.
1 onion, chopped
1/4 cup vinegar
Salt to taste

Saute the garlic, onion and pork in cooking oil. Add the heart and kidney. Season it with salt and vinegar. When almost dry, add the liver, sweet pepper and cook until done.

BAGOONG GUISADO

1/4 cup cooking oil
1 tsp. sugar
1 onion, chopped
1/4 cup vinegar
1/2 cup boiled pork, diced
1 head garlic, chopped
1/4 cup pork broth
1-1/2 cup bagoong alamang

Saute the garlic and onion in cooking oil. Add the pork, bagoong and sugar. Blend well, then add vinegar and broth. Boil until quite dry.

PUCHERO WITH SAUCE

1/2 kilo pork
1/2 chicken
1/2 kilo beef
2 pcs. chorizo de bilbao
1 small cabbage
1 bunch green onions
6 cups water
1 tsp. salt
1 onion sliced
4 pcs. potatoes
4 pcs. bananas (saba)
1 cup garbansos
2 tbsp. cooking oil
2 cloves garlic
4 cups broth

Boil pork, chicken, beef, chorizo de bilbao which have been sliced in desired pieces in water, salt and green onions. When tender, remove and put cabbage, and green beans in broth and cook in broth. Remove and set aside then boil the potatoes and bananas in water until tender. Remove. Saute garlic and onion in cooking oil, and broth and let boil then putting in meats, sliced bananas (saba), potatoes and vegetables. Season with salt, and serve with eggplant sauce.

EGGPLANT SAUCE:

6 eggplants
Salt and pepper to taste
3 cloves garlic
1/2 cup vinegar

Broil the eggplants until tender. Peel and mash. Set aside. Chop garlic finely and add to mashed eggplant. Add vinegar, salt and pepper to taste.

SINIGANG NA BABOY

1/2 kilo pork
2 medium sized gabi
1 radish
4 pcs. tamarind fruit
1 quart water
5 leaves mustasa (optional)
Patis and pepper to taste

Slice pork in desired pieces. Place pork, tamarind and rice water in pan. Cover and when pork is tender add radish, gabi, mustasa leaves. Cover and cook until vegetables are done. Season with patis and pepper. Remove from fire and serve hot.

PAKSIW NA PATA

1 large pig's feet
1/2 cup vinegar
1/2 garlic head & crushed
1/2 cup dried banana

1/2 cup water
1/2 cup sugar
1/2 cup soy sauce

blossoms which have
been soaked in water
1 bay leaf
5 bananas (saba) fried

Clean the pig's feet and slice in desired pieces. Put in container with vinegar, garlic and water. Put the container over the fire and let it simmer better over low heat until pig's feet is tender. Add water when needed and add other ingredients and let simmer. Remove from fire and serve hot.

DINUGUAN

1/2 kilo pork head
1 pc. pork heart
100 gms. pork liver
1-1/4 cup blood
1 cup beef blood
2 tbsp. cooking oil

3 cloves garlic, minced
1 onion, minced
1/2 cup vinegar
2 cups broth
4 pcs. green pepper (long)
1 tbsp. salt

Saute garlic in cooking oil, add onion, pork head, heart and liver. Pour in vinegar and boil uncovered, without stirring until vinegar evaporated. Add broth, cover and simmer for 15 minutes. Strain pork blood. Cut beef blood into pieces and set aside. Pour in pork and beef blood stirring continuously. Put green pepper and simmer for 5 minutes more. Season with salt.

MECHADO

1 kilo punta pecho
1/4 kilo pork shoulders
1/4 kilo onions

Patis to taste
1/4 kilo potatoes
10 pcs. whole peppercorn

1/2 cup vinegar
2 heads medium sized garlic
1 bay leaf
5 cups water
Achuete juice

Put in a container all ingredients. Let simmer in low fire for about 3 hours, until liquid turns into thick sauce. Stir once in a while so mixture will not stick. Before removing from fire add potatoes which has been cut into quarters.

PINATISAN

1/2 cup small intestines, cleaned, cooked and sliced 2" long
2 cups water
3 tbsp. cooking oil
1 tsp. garlic crushed
1/2 cup lean pork cut into 6 slices
1/2 cup pork heart, cut into 6 slices
1 cup pork liver, cut into 6 slices
1/4 cup vinegar
2 tbsp. patis
1/2 cup meat broth

Turn small intestines inside out and rub with salt. Rinse very well with water. Boil water and add small intestines. Cook over low heat for one hour. Heat cooking fat and brown garlic. Mix in small intestines, pork, heart and liver. Cover and cook 5 minutes over low heat. Add vinegar, patis and meat broth. Cover and bring to a boil. Simmer over low heat for 30 minutes. Serve hot.

MENUDONG GOTO

1/2 kilo tripe
2 cloves garlic, crushed
2 tbsp. cooking oil
1 cup tomato juice
1 chorizo de Bilbao
Salt to taste
1 cup cooked garbanzos
2 cups broth
1 pc. red or green pepper
1 tsp. vetsin
2 potatoes, cubed & fried

Clean and boil tripe in salt and water until tender. Cut into small pieces and set aside. Saute the garlic and onions. Add the sliced chorizo de bilbao and pour in tomato sauce. Drop in tripe, pepper, garbanzos and potatoes. Let simmer until sauce is of desired firmness. Season with salt and vetsin. Remove from fire and serve hot.

CALDERETA

1/2 kilo pierna corta, (beef round) cut in serving pieces
1 pc. laurel or bay leaf
1/4 cup vinegar
1 tsp. salt
1/4 cup cooking oil
1 cup red or green pepper, cut in strips
1-1/2 - 2 cups boiling water
2 cloves garlic, crushed
10 pcs. peppercorn, crushed
1/2 tomato sauce
Dash of hot sauce
1 cup onion, sliced
1/3 cup liver spread

Marinate beef in mixture of vinegar, peppercorn, salt, and crushed garlic for 1-1/2 - 2 hours. Fry pieces of beef in cooking oil. Add onions and saute until tender. Pour in tomato sauce and boiling water. Add the green pepper, bay leaf and hot sauce as desired. Cover and simmer until meat is tender. Blend in liver spread. Cook in 5 minutes more and serve hot.

PORK AND BEEF SINIGANG

1 tbsp. patis
1/2 kilo beef in serving pieces
6 cups rice water
1/2 kilo pork, cut in serving pieces
2 cloves garlic, crushed
1 tsp. monosoduim glutamate
1-1/2 tsps. salt
3 cups kangkong leaves and tender stalks
5 pcs. long pepper
10 pcs.
1 onion
1 tbsp. lard
6 pcs. gabi
6 medium-sized tomatoes

Saute garlic in hot lard until golden brown. Add onions and cook until they become transparent. Put in the tomatoes and camias. When soft, crush them and add the patis. Drop the beef and cook, covered for 5 minutes. Add the pork cook in 5 minutes more, turning occasionally. Pour in rice water and cover tightly. Let boil. When boiling reduce the heat and simmer until the pork and beef become tender. Add the gabi and when tender, drop the kangkong and sili. Season with salt and monosoduim glutamate. Serve hot.

BACHOY

2 pcs. pork kidney
1/4 pork liver
2 segments garlic
1 tsp. patis (salt)
1/4 kilo pork lomo or tenderloin
1 pc. pork heart
1 onion chopped

3 tbsps. cooking oil
1 tsp. ginger
Spring onion for garnishing
1 tsp. MSG
1-1/2 cup of water

Cut the pork kidney, liver, heart and pork into strips. Set aside. Saute the garlic in cooking oil. When golden brown add the chopped onions. Cook till tender and transparent. Add the pork kidney, liver, heart and lean pork. Put in ginger and continue cooking for 3 minutes. Season and cook for 10 minutes then uncover and pour 1-1/2 cups of water. Boil until the meat is tender. Garnish with chopped green onions.

KILAWIN

1/2 pig's head
1 head garlic
1 cup vinegar
1 tbsp. soy sauce
3 pcs. tokwa
1/2 tsp. ground black pepper

Wash and boil pig's head. Remove when soft boiled. Slice into bite sizes. Set aside. Dice tokwa and fry in hot cooking oil. Mince finely the garlic, onion. Mix all together and serve.

PORK ADOBO

1 kilo pork
1 cup vinegar
3 cloves garlic
1/2 cup water
1 tsp. salt
Few pepper corn

Wash pork and slice pork in desired pieces. Put slice meat, vinegar, salt, garlic (crushed) and the few pepper corns in a bowl. Stir occasionally. Put in container cover and cook and let it simmer. When pork is tender, remove sauce and set aside.

Fry pork until brownish in color and then pour the sauce. Remove from fire.

EMBUTIDO

1/2 kilo pork
1/2 chorizo de bilbao
2 cans vienna sausage
2 eggs whites
4 pcs. cucumber pickles
1/2 bread soaked in milk
1 box raisins
2 egg yolks

Grind the ingredients except pickles which has to be chopped. Mix all seasoning with salt and pepper. Wrap in leaf lard and bake for about 30 minutes.

PORK WITH VEGETABLES

1 kilo pork
2 tbsp. flour
2 tbsp. cooking oil
3 tsp. curry powder
1 tbsp. sugar
1/4 cup soy sauce
3/4 cup water
2 onions
2 cups celery
1 cup green beans
2 cups sliced squash
1/4 tsp. salt
1/4 cup water

Place pork sliced in cubes and flour in paper bag, and shake to coat pork evenly. In a large pan brown pork. Remove and set aside. Stir curry powder in a container and cook for 3 minutes. Add sugar, soy sauce and water. Stir and cook until bubbly. Return pork to container cover and cook for 2 minutes until tender. While pork is cooking, saute onion in another pan. Put to one side, add squash and cook for 3 minutes. Stir in green beans and celery. Sprinkle with salt add 1/4 cup water. Cover. Do not over cook vegetables. Put vegetables on large platter and top with pork cubes. Serve hot.

CHICKEN RELLENO

1 big chicken
3 raw eggs
1/4 cup sweet pickle relish
1/4 cup cooked ham, chopped
1/2 cup grated cheese
1/4 cup butter
1/2 cup raisin
1/2 cup pork, ground
2 hard cooked eggs, sliced into 4
2 tbsp. lemon juice
2 pcs. chorizo de bilbao, finely chopped
Salt and pepper to taste
3 tbsp. soy sauce
1 tsp. vetsin

Debone chicken for stuffing. Marinate in a bowl the chicken in soy sauce and lemon juice, overnight. Blend well in a bigger bowl the ground pork, chicken, chorizo, ham, cheese, pickle relish, the raw eggs, salt and pepper and melted 2 tbsp. of margarine. Stuff the chicken arranging the sliced eggs in the center of the mixture without overstuffing it. Sew up opening and wrap tightly in aluminum foil. In a roasting pan pour the remaining marinade with 1/2 cup of hot water. Bake in a 350°F. for 1-1/2 hour until done. Remove foil and fry chicken in deep hot fat until golden brown. Cool and slice. Arrange on platter and serve with desired sauce.

FRIED CHICKEN

1 broiler-fryer chicken
1 tsp. salt
1/4 tsp. pepper
1 tbsp. water
1/4 cup grated cheese (optional)
1/2 to 3/4 cup flour
1 tsp. paprika
1 egg beaten
1/2 cup dry bread crumbs
1/2 cup butter

Slice chicken in serving pieces. In a shallow dish mix salt, pepper and flour. In another dish beat egg with water. Mix the bread crumbs and cheese in another dish. Roll the chicken in flour then in egg mixture then breadcrumb mixture. In a large skillet place chicken pieces in the melted butter and cook until browned on both sides.

CHICKEN WITH GINGER & ONION

1 chicken (about 800 gms.)
1/2 cup cooking oil
1/2 tsp. vetsin
1/4 cup all purpose flour
2 tbsp. soy sauce
2 tsp. cornstarch
1/4 cup onion, minced
1 tsp. salt
1/4 tsp. pepper
1/4 cup ginger, minced
2 tbsp. sugar

Slice chicken in desired pieces. Season chicken with salt, vetsin and pepper. Dust with flour. In hot cooking oil fry chicken until brown. Remove chicken and set aside. Saute ginger and onion. Stir in soy sauce, sugar and cornstarch dissolved in water. Let boil and then pour over chicken. Add 1 cup of water covering tightly and let simmer for 15 minutes until chicken is well done. Serve hot.

CHICKEN ADOBO

1 medium chicken
1/2 cup vinegar
1/2 tsp. salt
2 tbsp. soy sauce
10 pcs. peppercorn
5 tbsp. cooking oil
1 cup water
2 tsps. crushed garlic (1 tsp. for frying and 1 tsp. for stewing)
1 bay leaf (laurel)

Slice chicken in desired pieces and stew in a mixture of water and vinegar, garlic, salt, soy sauce and peppercorn and bay leaf. When tender remove liquid left. Brown the chicken in hot cooking oil flavoring with remaining garlic. Mix the liquid left and cook over moderate heat until sauce is thick.

CHICKEN WITH TAMARIND

1 medium chicken
4 pcs. ginger
Young leaves of tamarind
1 onion
Eggplant
String beans
Salt or patis

Slice chicken in desired pieces. Saute onions and ginger. Put chicken and add salt or patis to taste. Put water enough to cover and cook until tender. Mix the young leaves of tamarind, and the other vegetables. Remove from fire when cooked and season to taste.

CHICKEN CHOP SUEY

1/2 cup chicken meat
1 cup celery thinly sliced
1/2 tsp. salt
1/2 cup chicken broth
3/4 cup onion thinly sliced
2 tbsp. cooking oil
1/4 cup soy sauce
2 cups cabbage, shredded

Cooked chicken and shredded in long thin strips for about 1 or 1/2 cup. In a heavy skillet, heat the cooking oil and saute the onion until lightly browned. Add the celery, cabbage and salt; cook for 5 minutes. Add the chicken, soy sauce and stock or broth. Cook over low heat, cover until vegetables are done. If the liquid need thickening use cornstarch or flour blended with a little cold water. Serve hot.

CHICKEN PASTEL

1 chicken (700-800 gms.)
1 pc. chorizo de bilbao
1 pc. carrot
3 tbsp. soy sauce
1/4 tsp. pepper
2 tbsp. flour
5 cups water
1/2 cup butter
1 lemon juice
1 cup vienna sausage
2 hard cooked eggs
1 cup broth
1 pc. potato
1/2 cup mushrooms
1/2 cup green olives
1-1/2 tsp. salt

Slice chicken, chorizo de bilbao and vienna sausage. Marinate chicken in soy sauce and lemon juice for 15 minutes. In a saucepan, put chicken, water, salt and pepper. Let simmer until tender when water is almost evaporated. Set aside. In a heavy skillet melt the butter and brown chicken pieces. Mix the chorizo de bilbao, vienna sausage and then pour broth. When half done mix the olives, diced carrots, diced potatoes and mushrooms. Cook altogether putting flour to thicken if desired. On a dish put the mixture garnishing with slices of hard cooked eggs. Cover the dish with pie crust. Bake at 400°F. for about 35-40 minutes until crust is golden brown.

PIE CRUST:

1-1/4 cup all purpose flour
1/2 tsp. salt
2 tbsp. water
2 tbsp. margarine
1/2 cooking oil

In a bowl sift flour and salt together. Blend fat and margarine, when well blended sprinkle water over the mixture forming into a ball. Roll out dough between 2 pieces of wax paper. Peel off top paper. Place crust in pan, paper side up. Peel off the paper fitting pastry loosely into pan. Trim the edge and fold under the left overhanging edge. Prick the crust with fork and set aside.

ARROZ A LA VALENCIANA

1 chicken
2 pcs. hard boiled eggs
1/4 tsp. paprika
1 can tomato sauce
1 pc. red & green pepper
Salt and pepper to taste
1 tbsp. green onion slices
1 pc. bay leaf (laurel)
Parsley or kinchay

1/2 kilo meat
1 tsp. crushed garlic
1 medium onion, chopped
4 tbsp. cooking oil
3 tbsp. cooked ham
1 pc. chorizo de bilbao
6-7/cooked rice /cups
1 small can peas

Dice the chicken and slice the pork into thin strips. Saute the garlic and onion in cooking oil until brown. Add chicken and cook until tender. Then add pork, chorizo, ham, bay leaf, paprika, tomato sauce and red and green peppers cut into fine strips. Mix and cook for 2 minutes and then add rice and blend. Season with salt and pepper. For 10 minutes cook over low fire add peas then garnish with eggs, red pepper, green onion, and parsley.

CHICKEN AND PORK ADOBO

1 chicken
Slice of pork liver *
1 head garlic
1 bay leaf (optional)
1-4 tbsp. soy sauce

1/2 kilo pork
1 cup vinegar
1/2 tbsp. salt
2 tbsp. salt
1-1/2 cup water

Slice chicken, pork and liver. Combine vinegar, garlic, pepper, bay leaf, salt and soy sauce in a saucepan. Mix the chicken,

* NO
C.T.

pork and liver. Soak for about 20-30 minutes. Add water and simmer without cover until tender. Remove liquid and set aside. Chop liver finely and combine with the liquid. Set aside. In hot cooking oil, brown the garlic, chicken and pork. Mix everything in the saucepan, cover and let simmer until liquid thickens.

ADOBONG MANOK WITH COCONUT

1 medium size chicken
5 segments garlic
1 tbsp. peppercorn
Cooking oil
1 cup coconut milk (thick)
1 cup vinegar
1 bay leaf (laurel)
Salt

Slice chicken in desired pieces. Marinate in vinegar, garlic, salt and pepper and a little water with bay leaf. Let boil until chicken is tender. Remove liquid and pour in coconut milk. Let it simmer until coconut sauce thickens.

TINOLANG MANOK

1 medium sized chicken
2 cloves garlic, crushed
5 potatoes med. size
5 tbsp. cooking oil
Patis or Soy sauce
1 onion, sliced
Salt and pepper
5 cups water
1 cup sili leaves

Cut chicken into desired pieces. In hot cooking oil saute garlic and onion. Add patis or soy sauce cover and let simmer. Add water and let it boil. Slice potatoes and add it to mixture then add chicken. Cook over moderate heat until the chicken and potatoes are tender. Season with salt and pepper, then add sili leaves. Serve hot.

PALATABLE DISHES OF SEA FOODS

FRIED LAPU-LAPU WITH TARTAR SAUCE

1 medium sized lapu-lapu
1/4 tsp. pepper
1 tsp. salt
2 cups cooking oil

Clean fish and season with salt and pepper. In deep cooking oil fry the fish until golden brown. Garnish and serve with tartar sauce.

TARTAR SAUCE:

2 hard boiled eggs, chopped
1 tbsp. calamansi juice
1 egg yolk
1/2 tsp. sugar
1 tsp. salt
1 cup cooking oil
1/8 tsp. mustard
3 tbsp. relish
2 tbsp. catsup
1/4 tsp. pepper

Beat egg yolk until fluffy. Add cooking oil slowly drop by drop until milklike. Adding oil gradually alternated with juice, sugar, salt and pepper and mustard. Mix hardboiled eggs, relish and catsup.

ESCABECHE

1 medium sized fish
1 sweet green and red pepper, cut in big strips
1 tsp. salt
1 large onion, sliced
4 apulid, sliced
4 tbsp. vinegar
3 tbsp. toyo
2 cloves garlic, crushed

1 carrot, cut in strips
1-1/2 cup water
Cooking oil
2 tbsp. starch
4 tbsp. sugar

Clean fish and sprinkle with salt, setting aside for 10 minutes. In hot cooking oil fry fish until golden brown. Set aside. Saute garlic, onion, pepper, carrots and apulid. Set aside.

PREPARE THE SAUCE:

Mix the vinegar, sugar, toyo and water. Put starch to thicken and cook in low heat until to the desired firmness. Add the vegetables that has been sauted to the sauce and boil for 5 minutes. Pour the sauce over the fried fish and garnish with green onion (young).

RELLENO BANGUS (STUFFED)

1 large bangus (milkfish)
2 heads garlic
1 small can peas
1 small box raising
2 eggs
3 tomatoes, finely chopped
1 small potato, diced
1 tsp. salt

Clean fish without destroying the skin. Put fish on table press and roll to soften the meat. Cut through the back and remove the backbone. With a spoon or knife scrape the meat. Soak the skin in soy sauce and calamansi juice. Set aside. Boil the fish meat in salt and water for 3 minutes. When cooked remove or peel off fine bones. Saute garlic, onion and tomatoes. Add fish meat and season. Cover and remove from fire. Add 1 tablespoon butter, raisins, potatoes, and beaten eggs. Mix it thoroughly. Stuff the fish with the mixture and sew the opening. Rub the outside with flour and fry in deep hot cooking oil.

FISH with TOCHO

1 medium sized fish
6 medium sized tomatoes

(bangus)
2 tbsp. tajure
1 cake tokua or beancurd
1-1/2 tsp. ginger
3 tbsp. vinegar
1 medium onion, sliced
Sugar to taste
chopped finely
2 tbsp. tausi (salted black soy beans)
2 cloves garlic, finely chopped
Cooking oil

Clean fish, cutting in 1" thick. Sprinkle salt and set aside for 15 minutes. In hot cooking oil, fry fish after draining. When done set aside. Fry tokua and set aside. Saute garlic, onion, tomatoes, and ginger. Add the tajure, which has been dispersed in 1 cup of water, then add next tausi, fried tokua, vinegar and sugar to taste. Boil 5 minutes. Do not stir. Drop fish cooking continuously for 10 minutes more. Serve hot.

BURONG DALAG

1 medium sized dalag
2 cups vinegar
1 tbsp. angkak
1 cup salt
1 cup rice

Clean the fish and cut into fillets. Mix salt and let stand overnight. Cook rice in water. When cooked add finely powdered angkak. Mix well. Add the salted fish to rice mixing well. Put mixture in jar with cover and tightly done. Let stand for at least three days until mixture turns sour. To prepare for cooking: Saute garlic, onion, and vinegar to taste. Add a little water if mixture is too thick. Maybe served either hot or cold.

PESA

1 medium sized fish (dalag bacoco, etc.)
2 cloves garlic
1 pc. ginger, crushed

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TUAZON
MANAGER

1/4 tsp. peppercorn
1 small head cabbage
2 pcs. chayote
2 bunches pechay
Young green onions
1 onion, slice into 4
2 tbsp. cooking oil
6 cups. rice water
2 tbsp. patis
Salt to taste

Clean the fish dipping the fish in boiling water with vinegar. Remove dark spots or skin with knife. Slice into desired pieces and season with salt. In hot cooking oil, saute garlic, onion and ginger. Add fish and rice water. Boil for 2 minutes. Add peppercorn and other ingredients. Do not overcook vegetables. Season to taste. Serve with Sauce.

SAUCE:

Saute 2 cloves of crushed garlic in fat until brown. Add chopped onion and chopped tomatoes. Cook for 3 minutes and then add 2 tbsp. misua and mash the mixture. Cook for 3 minutes more and then season with salt to taste. Serve with Pesa.

FISH LUMPIA

2 medium sized fish
(bangus)
3 small tomatoes
1 small onion
1 tsp. crushed garlic
25 pcs. lumpia wrapper
1 small box raisins
Salt and pepper to taste

Clean the fish and boil partially tender. Scrape fish meat with spoon or knife and set aside. Slice tomatoes and onion lengthwise. Saute garlic, onion and tomatoes. Add fish meat and raisins. Season with salt and pepper. Set aside and let cool a little.

Wrap a tablespoon of fish filling in each lumpia wrapper and fry in deep cooking oil until golden brown. Drain in wax paper and serve hot with sauce, vinegar with mashed garlic and salt.

FISH ADOBO

1 large fish
6 green peppers
2 bay leaves (laurel)
1 onion, minced
5 tbsp. water
1 head garlic
5 tbsp. vinegar
Salt

Clean the fish. Cut crosswise in pieces. Sprinkle with salt. Drain and fry and set aside. In hot cooking oil, saute crushed garlic, onions and pepper. Add the bay leaves and vinegar. Do not stir. Add the fish and water. Season to taste continuing to simmer for 5 minutes more. Serve hot.

BOLA-BOLANG BANGUS

1 regular sized bangus
2 tbsp. cooking oil
1 bunch of kintsay
3 tbsp. cornstarch
1 small onion
2 cup of water
Green pepper
1 tsp. salt

Wash fish and remove bone. Separate the meat chop. Put a little cornstarch and salt and form into balls. In hot cooking oil add onions and water. When water boils drop the fish balls and boil for a few minutes. Add chopped kintsay and salt to taste.

ADOBONG PUSIT (SQUID)

1/2 kilo fresh squids
1/2 head garlic, minced

1/2 cup vinegar
1 tsp. salt
1 onion, chopped
1/2 tsp. salt
1/4 cup water
1/2 cup squid broth
6 tomatoes, chopped (optional)
1 tsp. vetsin

Wash squid bring to a boil in garlic, vinegar, water and salt. When done and tender, take out the squid and remove the membrane, eyes and stomach.

Set 1/2 cup broth aside. Cut squid in desired pieces. Set aside. In hot cooking oil saute garlic, onion and tomatoes. Add broth and season with salt and vetsin.

DILIS WITH EGGS AND TOMATOES

1/2 kilo dilis
2 tbsp. cooking oil
2 eggs
1 sliced garlic
2 tomatoes
Salt
1 onion

Saute the garlic, onion and tomatoes. Add the dilis then the beaten eggs and salt. Remove from the fire when cooked.

SHRIMPS WITH VEGETABLES

1/2 kilo shrimps
1/2 kilo chicharo
2 tbsp. soy sauce
Salt and pepper
1 medium sized carrot, diced
1 pc. celery, diced
2 tbsp. refined sugar
Vetsin

Wash shrimps and saute until reddish. Add carrots, and celery. add 1/2 cup water and seasonings. Simmer and then add chicharo. When added let it simmer not overcooking. Serve hot.

BAGOONG GUISADO

1/4 cup broth
1 head garlic, chopped
1 cnion, chopped
1/2 cup pork, boiled & diced
1-1/2 cup bagoong alamang
1 tsp. sugar
1/4 cup vinegar

Saute garlic and onion in hot cooking oil. Add the pork, bagoong and sugar. Blend well, add vinegar and broth. Boil until dry.

CAMARON REBOSADO W/ACHARRA

1/2 kilo medium sized shrimps
2 tbsp. cornstarch
2 tbsp toyo
4 eggs
Pepper
2 cups water
Salt

Boil shrimps in 2 cups of water seasoned with salt and pepper. Remove from fire. Remove and set aside the shells and heads of the shrimps, with the tail ends. Beat the eggs until thick until lemon colored. Add 2 tbsp. toyo and pepper together with sale and cornstarch. Dip the shrimps to the mixture. In deep hot cooking coil frun until they are golden brown. Serve with sweet sour sauce, or with acharra.

SUAM

12 large shrimps
1 pc. ginger
4 cups rice water
1 tbsp. cooking oil
2 cloves crushed garlic
1 small onion, sliced

1 cup malunggay leaves
Patis to taste

Wash shrimps. Trim heads leaving it shelled and whole. In hot cooking oil saute garlic, onion and sliced thin ginger. Add the shrimps and rice water.

SINIGANG NA HIPON

1/2 kilo fresh shrimps
10 pcs. kamias
1/4 cup tomatoes, chopped
6 cups rice water
1/4 cup onion, sliced
2 cups kangkong leaves
1 tsp. vetsin

Wash shrimps and set aside. Saute onion and tomatoes. Add the camias and cook until tender and mushy. Add the rice water and let boil. When boiling drop the shrimps. Season with salt and vetsin. Add the kangkong leaves and cook for 2 minutes.

SHRIMP ROLLS

1/2 kilo medium size shrimps
1 bunch green onion, 2" sizes
15 pcs. lumpia wrapper
1-2 tbsp. sugar
2 tbsp. lemon juice
2 tbsp. worchestshire sauce
1/4 cup soy sauce
1 tsp. salt
1/2 medium size carrot

Marinate sugar, soy sauce, worchestshire sauce, and lemon juice. Shell the shrimps leaving the tails. Devein. Wrap shrimps with 2-3 strips of carrot and green onions in lumpia wrapper. Roll and seal with cornstarch paste. (Dissolve in water). In deep hot fat fry and serve hot.

LAING

1/2 kilo shrimps
1 onion, chopped
10-15 pcs. wilted gabi leaves
2 pcs. siling labuyo (hot pepper)
2 small young coconuts (grated)
1 tsp. salt
1 cup thin coconut milk
1 cup thick coconut milk

Combine shrimps, coconut and onion. Season with salt. Chop and wrap in gabi leaves by tablespoons. Arrange in pot and pour thin coconut milk over the wrapped mixture. Cover and simmer over low heat. Avoid burning. When almost done, add the thick coconut milk and sili. Cook until sauce is thick.

FRIED CLAMS

2 cups cooked clams
1 egg, slightly beaten
Dash of pepper
1 cup bread crumbs
1 tsp. salt
1/2 cup margarine

Season beaten egg with salt and pepper. Dip the clam and roll in bread mixture until coated. In hot margarine drop clams until brown. Drain the excess margarine. Serve hot.

BAGOONG NA TALABA

1/2 cup oysters, blanched & shelled
1/2 tbsp. salt

Mix oysters and salt and put in clean bottle with tight seal. Let stand overnight, and when needed saute onion in hot cooking oil and then oyster.

SHRIMPS WITH SWEET PEAS

1/2 kilo fresh shrimps
6 pcs. dried mushrooms, diced and soaked
1 cup cooked peas
2 tbsp. water
1/2 cup cooking oil
1/2 cup bamboo shoots
2 tsp. soy sauce
1 tbsp. cornstarch dissolved in water

Shell and remove vein of shrimps. In hot cooking oil saute the mushrooms and bamboo shoots. Season with soy sauce, vetsin. Stir in shrimps and sweet peas. Cook for 2 minutes. To thicken pour in the cornstarch dissolved in water. Serve at once.

SHRIMP REBOSADO

1/2 kilo fresh shrimps (medium sized)
4 cloves garlic crushed
1 tsp. baking powder
1/4 cup water
1 tsp. vetsin
1 egg
1 cup vinegar
10 peppercorn (crushed)
1/2 tsp. salt
1 cup flour
1/4 cup milk
2 tbsp. atsuete (soaked in 2 tbsp. water)

Marinate shrimps in vinegar, peppercorn, garlic, and salt. Cover and set aside for 1-2 hours. Sift the flour together with 3/4 tsp. salt and baking powder. Set aside. Combine 1/4 cup of water, milk, pepper, vetsin, atsuete water and 1 well beaten egg. Pour this mixture into the flour mixture slowly while stirring continuously. Beat until smooth. Drain the shrimps and dip in mixture one by one and in hot deep fat fry. Serve with catsup or sweet sour sauce.

LUMPIA WITH UBOD

1/4 kilo pork ground
1 coconut heart (ubod), stripped
1/4 tsp. pepper
1 tbsp. vetsin
8 pcs. sausage, chopped
1/4 kilo shrimps, chopped
1/4 cup cooking oil
1/4 tsp. salt
1/2 cup onions, chopped
1 tbsp. soy sauce
2 doz. lumpia wrappers

Saute the onions, pork, shrimps, sausage and coconut heart in cooking oil until the ubod is tender. Season with soy sauce, vetsin, salt and pepper. Cool and drain. Wrap the mixture in lumpia wrapper, folding the ends well. Deep fry in cooking oil until golden brown. Serve with sweet-sour sauce.

SAUCE:

2 tbsps. cornstarch
1/4 cup water
2 tbsps. soy sauce
1/4 cup sugar
1/4 cup vinegar

Mix cornstarch in water. Then add vinegar, sugar and soy sauce to the mixture. Simmer until thick, stirring constantly.

PINACBET

1/2-1 cup water
1/4 kilo pork slice into strips
3 cloves garlic, minced
1 tsp. chopped ginger
1/2 tsp. MSG
1/4 cup bagoong
4 eggplants, quarted
1/3 cup tomatoes, chopped
2 pcs. ampalaya or amargoso, quarted
Salt to taste

Boil 1/2-1 cup of water in a saucepan. Drop the pork, tomatoes, garlic, ginger and bagoong. Simmer until pork is tender. Add the ampalaya and eggplants and cook until done. Season with MSG and salt if necessary.

MONGO GUISADO

1 cup green mongo
2 tbsps. bagoong
1 tbsp. cooking oil
1 tsp. salt
6 tomatoes, chopped
1/2 cup pork, sliced into strips
1/2 shrimps, peeled and sliced
4 cups water or broth
2 cloves garlic
1 onion chopped
1 cup sitsaron or cracklings cut into pieces
1 tsp. MSG

Boil mongo into 3 cups of water. Rub through a fine sieve or puree, set aside. Saute crushed garlic, onion and tomatoes in cooking oil. Drop pork and shrimps. Cook in 1 minute and add the bagoong and mongo. Pour the water and simmer, season with salt and MSG. Just before taking out from the heat and cracklings. Serve hot.

LUMPIA SARIWA (FRESH)

1/4 kilo pork
1/2 kilo cabbage
1/4 kilo potatoes or sweet potatoes
1 cup chickpeas (garbansos)
1 medium size onion
1 clove garlic
1/4 kilo shrimps
1/2 cup soybean cheese (tokwa)
1/2 kilo sweet peas (chicharo) or green beans (abitsuwelas)
20 pcs. lumpia wrappers
1 bunch lettuce
1/2 cup peanut (chopped)

Slice cabbage into fine strips and prepare other vegetables. Put pork in pan with a little water until it evaporate and extract fat.

Set aside pork and fry tokwa. Set aside. Saute garlic, onion, pork and tokwa. Add shrimps, then add cabbage and other vegetables and potatoes. Season with patis. Do not overcook vegetables. On a lumpia wrapper at one end put a leaf of lettuce brush a little of sour sauce and spread chopped peanuts before putting on the filling.

FOR SOUR SAUCE:

1/4 cup soy
1/4 cup sugar
2 tsps. flour
1/4 tsp. salt
1/2 cup water

Combine soy sauce, salt and sugar and water, and flour or cornstarch dispersed in water (1 tbsp.). Put over fire and stir continuously until sauce thickens.

BULANLANG

1/2 cup pork
5 sitaw (yard long beans)
1 ampalaya (bittermelon)
1 onion
2 tbsp. bagoong alamang
2 eggplants
5 Bataw (hyacinth bean)
1 bunch kangkong leaves
2 tomatoes

Slice pork into fine strips, flake sitaw into 2" length. Slice lengthwise the ampalaya and eggplant and slice into 1" length. Let boil in pan pork until water evaporates and fat extract appears. Set aside. Saute garlic, onion, tomatoes and mix pork before adding bagoong. Blend well and pour in 1/2 cup water. Add vegetables putting eggplant last. Let it simmer but do not overcook vegetables. Season to taste. Serve hot.

DININGDING

1 papaya
1 tbsp. bagoong Ilocano
1 fried medium size fish
1/2 plate of sitaw (yard-long bean)

In a deep pot put 1 glass of water with bagoong and salt. When it boils remove the bubbly part or foamy and add fried fish. Cook for five minutes, add the sitaw and papaya (slice into thin strips). Season to taste.

RELLENONG TALONG

2 eggplants
1 ripe tomato
1/2 onion
3 tbsp. oil
2 tbsp. chopped chicken, fish, or meat from leftover recipes
1 egg

Broil eggplants and dip in cold water to peel off skin. Set aside. Saute garlic, onion and the finely chopped left over chicken or meat. Blend well and remove from fire. Let it chill for a few minutes and fill the eggplants with this filling. Beat egg and dip the eggplant before frying. Add a little flour or bread crumbs in the mixture. Fry until golden brown. Serve with catsup.

BULAKLAK NG SAGING AT BAGOONG

2 cups bulaklak ng saging
3 segments of garlic
1/2 cup bagoong
2 tbsp. cooking oil

Boil the bulaklak ng saging. When cooked squeeze to get the juice and slice into 2" length. Saute garlic and bagoong and serve as sauce to bulaklak ng saging.

LUMPIA SARIWA WITH UBOD

1/4 kilo shrimps
1/2 kilo pork
Salt to taste
1 coconut ubod
1/2 cup shrimp juice
Carrots, green beans cut into thin strips

Boil pork until tender. Extract shrimp juice from shrimp shells. Cut the coconut heart "ubod") into strips. Saute shrimp and pork, then add the shrimp juice. Add the coconut heart. Simmer over low heat until ubod is tender. Add other vegetables, salt and cook for a minute. Cool and roll in lumpia wrapper with lettuce.

SAUCE:

4 tbsp. cornstarch
1/3 cup brown sugar
1/2 cup toyo sauce
1-1/2 cups water

Fry segments of macerated garlic until brown. Into hot cooking oil, pour the sauce batter slowly stirring constantly until mixture thickens. Top with fried garlic.

FRIED LUMPIA

1/2 cup fresh shrimps
2 egg yolks
1 cup apulid
1 onion
Soy sauce
Cooking oil
1-1/2 kilo pork w/fat, ground
1 tbsp. lemon juice
2 tbsp. flour
30 pcs. lumpia wrappers
Dash of white pepper

Boil apulid until tender. When cooked, cut into strips (thin) and set aside. Remove shrimps from shells. Cut shrimps and mix together with ground pork. Add soy sauce, lemon juice, yolk of eggs, dash of pepper and flour. Mix well. In hot cooking oil saute onion until brown. Remove and let it cool. Divide each lumpia wrapper into two and wrap the cooked mixture in it. Fry in deep fat until brown and serve with sauce.

LUMPIA BANGUS

1-1/3 cup flaked bangus	1 tsp. salt & pepper
1/3 cup chopped onion	3 tbsp. cooking oil
4 cups raisin	Lumpia wrappers

Clean fish (medium size) and drop in boiling water. Add salt, cover and flake remaining fish spine and set aside. Saute in hot cooking oil the chopped onion not making it brown. Add tomatoes while stirring. Add the fish meat and season with salt and pepper cooking for 5 minutes. Add raisins to the mixture and wrap in lumpia wrapper. Fry in deep hot fat until brown.

PANCIT MOLO

50 to 75 pancit wrappers	1/2 kilo pork, ground
1/2 kilo shrimps (fresh)	2 cloves garlic
2 tbsp. onion, chopped	1/2 tsp. salt
2 cups chicken broth	1/4 tsp. pepper
1 egg, slightly beaten	1/2 cup ham, finely cut & cooked
chopped green onion	

Prepare chicken broth by boiling 4-1/2 cups water and 2 tablets of chicken bouillon. Mix together ground pork, chopped onion, salt, pepper and slightly beaten egg. Fill each wrapper with a little of the filling and seal well. Drop in the boiling chicken bouillon. Allow rapid boiling, then add 1 cup cold water. Repeat to ensure thorough cooking of the pork. Add 1/2 cup cooked ham and chopped green onions. Season to taste and serve hot.

PANCIT BIHON GUISADO

1/4 cooking oil
1 cup boiled pork
2 cloves garlic, minced
1 small cabbage, shredded
1 large carrot, sliced
2 tbsp. soy sauce

1 bundle 1st class bihon
2 pcs. chorizo (chinese sausage)
1 bunch kintsay
1 tsp. salt
1-1/2 cup broth
1 tsp. vetsin

Saute garlic, onions, pork, carrot and cabbage in hot cooking oil. Season with soy sauce and blend well for 2 minutes. Add broth and simmer, then add kintsay. Set aside when vegetables are cooked. Soak bihon and drain and mix the cooked mixture. Season with salt and vetsin. Garnish with chorizo and spring onions. Serve hot with calamansi.

PANCIT MOLO HOME MADE WRAPPER

2 cups all purpose flour
2 eggs
2-4 tbsps. water

Make a well in flour, drop in eggs and 2 tbsps. water. Knead until dough is smooth and elastic. Roll out on floured board till paper thin. Cut on 3" x 5" squares. Set.

PANCIT PALABOK

2 kilos bihon
1 kilo pork
4 cups shrimp-juice
1 head garlic
1 tsp. vetsin
1 cup tokwa
1 tbsp. achuete seeds
1 cup squid
(fresh or canned)
1 kilo shrimps
4 eggs, hard boiled
12 smoked fish (tinapa)
2 onions, sliced
1/3 cup oysters, blanched
& shelled
10 calamansi

Cook shrimps and shells. Chop half of these and set aside other half to be used for garnishing. Slice tokwa and fry. Set aside. Boil pork and set aside the broth. Extract the shrimp juice from heads and tails of shrimps by pounding. Set aside. In hot cooking oil fry garlic then set aside. Extract the coloring from atsuete seeds, set aside. Saute in hot oil garlic, onion, pork, tokwa and shrimp. Season with patis and vetsin. Add the shrimp juice, and bring to a boil. Add broth and thicken with cornstarch. This is the palabok.

In a big kettle boil water with salt. Put bijon in strainer and soak in the boiling water until cooked. Put on platter and pour the palabok over bijon. Garnish with flaked tinapa, shrimps, oysters and pork cracklings. Dice hardboiled eggs and arrange on top. Serve with patis and calamansi. This may be eaten with puto.

SOTANGHON

200 gms. sotanghon
1 chicken
1 onion sliced
1 carrot
2 stalks celery
10 cups water

1 cup taingang daga
1/2 head garlic, crushed
1/4 cup cooking oil
1 tsp. vetsin
10 pcs. dried mushrooms, soaked
1 tsp. salt
2 tbsp. patis

Stew the chicken and quartered. Soak sotanghon and cut in 2" lengths, soak the taingang daga. In hot cooking oil saute garlic (crushed) and onion. Add the pieces of chicken and cook for 5 minutes. Pour water and add the vegetables until it boils. When chicken is tender, remove from the broth and flake the meat. Strain the broth. Press the vegetables to get flavor. Season with salt, patis and vetsin. Put back the chicken meat, add the taingang daga, mushroom and sotanghon and cook for 10 minutes. Serve hot.

LECHE FLAN

2 cups evaporated milk
1 tsp. lemon rind or vanilla
8 egg yolks
1 cup sugar
1/2 cup caramel syrup

Scald the milk in double-boiler for 15 minutes. Beat egg yolks. Add the sugar, milk and flavoring. Pour into 1 quart mold. If desired, line mold with caramel syrup before pouring in custard mixture for steaming or baking.

CARAMEL SYRUP:

1 cup sugar
1/2 cup hot water

Melt sugar in metal container. As soon as sugar is light brown, add one half cup hot water to dissolve caramelized sugar and form syrup. If desired store in covered bottle.

UBE JAM

2 cups ube, boiled and mashed
1 cup sugar
2 cups milk

Combine milk, ube and sugar. Cook over a low flame until thick. Keep on stirring to prevent burning.

PUTO

1 cup rice, soaked in 3/4 cup water
1/4 tsp. salt
3/4 cup white sugar
1-1/2 tsp. baking powder

Grind rice. When it becomes thick batter add sugar, salt and baking powder. Mix well. Put into molds filling it to 2/3 capacity. Steam. Serve with grated coconut and hot coffee or tea or maybe even with dinuguan.

BIBINGKA PINIPIG

3 cups pinipig
1 tsp. salt
2 cups diluted milk from 2 coconuts grated

Latik
1-1/2 cups brown sugar
3/4 cup undiluted coconut milk

Boil diluted milk, pinipig and salt in a heavy metal container in low fire. Add sugar (1 cup). Wilt a piece of banana leaf line with clay mold. Transfer the pinipig pouring the rich coconut milk on top. Sprinkle the remainder of the sugar and bake until brown. Garnish with latik.

GINATAAN MAIS

1/2 cup malagkit
8 cups coconut milk
1 cup undiluted coconut milk or first extract
1 cup young corn, scraped off cob
2 cups sugar
1 tsp. salt

Wash malagkit and boil in the 8 cups of coconut milk. When nearly half cooked add corn, sugar and salt. Continue cooking. Stir once in a while until rice and corn are cooked. Pour rich coconut milk on top before serving. Serve hot.

SAPIN-SAPIN

2 coconuts
3 cups sugar
1/2 kilo ubi
5 cups rice flour
1/4 tsp. powdered anis
red food coloring

Soak the rice flour in 1-1/2 cups of water. Set aside and prepare the ubi, then boil, mash, and strain. Set aside. Grate the coconuts and extract the milk with hot water, making 5 cups. Prepare mixture for a top layer and mix 1-1/2 cups of coconut milk, 1/2 cup soaked rice flour and 2/3 cup of sugar. Combine the remaining rice flour with the remaining milk, sugar, and anis then stir well. Divide this into two parts. Mix one part of rice mixture with the ubi for the middle layer; the other part with red food coloring. Put water in a carajay and a bamboo steamer on top. Let the water boil. Then line the bamboo steamer with thick muslin and pour on it the pink mixture for the bottom layer. Cover carajay and steam bottom mixture until slightly firm; then pour over the ubi mixture and steam again. Remove from steamer; cool and slice into 1/2 inch wedges.

GINATAAN

1 coconut grated
4 bananas,
1/2 kilo gabi, diced
6 sections nangka or bread fruit, in strips
1 cup sugar
1 tbsp. sago or tapioca
1/2 kilo ubi, diced
1/2 kilo camote, diced

Add 1/2 cup warm water to coconut. Put in a cheese-cloth, wring to get 1 cup thick coconut milk. Strain and set aside. Repeat using 2 cups warm water. Strain and boil and add the sago or tapioca, gabi and ubi. Cook until half done. Drop camote, bananas and nangka. Blend in sugar and pour the thick coconut milk before removing. Cook until done and stir occasionally.

MAJA BLANCA

2 coconuts
1/2 cup water
1/2 cup sugar
1/2 cornstarch
2 cups warm water

Place the grated coconuts in a cheese cloth. Wring to get 1 cup thick coconut milk. Strain and set aside and repeat using 2 cups of warm water. Strain and set aside. Boil the thick coconut milk until oil comes out and "latik" is brown but not burnt. Set aside. Blend the cornstarch and sugar thoroughly in a bowl and add the water. Set aside. Boil the thin coconut milk and stirring constantly. Add sugar-cornstarch mixture and stir to prevent lumps. Cook to boiling, and stir for 3 minutes or until a cooked flavor is obtained. Grease a 13" rectangular pan with coconut oil. Spoon maja and allow to set. Slice in squares or in a diamond shapes. Arrange them in a platter or saucers. Serve with the latik.

UKOY

1/2 kilo togue, blanched
1 tsp. salt
1 cup cornstarch or flour
1 onion chopped
1 tbsp. achuete seeds
12 shrimps, boiled
1 piece tokwa cut in thin pieces.
2 eggs well beaten
1 tbsp. vetsin

Dissolve flour in 1/4 cup of water. Add salt, vetsin, shrimp juice, onion and eggs. Mix thoroughly until smooth batter is prepared. In little cooking oil, extract the atsuete seeds and add to batter. Drain blanched togue (bean sprout). On a saucer put 3 tbsp. batter and let it spread. Place 1 shrimp and 1 or 2 pcs. of tokwa on top. In hot cooking oil put slowly and cook until golden brown. Repeat until batter are consumed.

GULAMAN DELIGHT

1 stick white gulaman
2 cups water
1 stiffly beaten egg white
1 cup evaporated milk
3/4 cup sugar
a few drops of green food coloring

Boil the gulaman in water until it is dissolved thoroughly and completely. Add the sugar and stir until completely dissolved and then add the milk and stir continuously until it comes to a boil. Remove from heat immediately and strain through a fine sieve into a plastic bowl. Add the food coloring and stir until the color is evenly distributed. Add lime juice and stir again. When jelly begins to cool and starts to set, fold in the stiffly beaten egg white and pour into mould and refrigerate until well jellied. Unmould and serve.

SUMAN CASSAVA

3 cups grated cassava
1-1/2 cups grated coconut
2 cups sugar
Latik from the milk of one coconut

Extract thick milk from 1 cup grated coconut. Put into a carajay and bring to a boil. As the oil comes out remove the solids called latik. Add all the ingredients together and mix well. Wrap 2 to 3 tbsp. of the mixture in two layers of wilted banana leaf. Add latik and wrap well. Tie the suman by two's and boil until done.

BANANA FRITTERS

8 bananas (saba)
1 egg beaten
1/3 cup water
4 tbsp. milk
Cooking oil
1 cup flour
1 tsp. baking powder
2 tbsp. sugar
1/2 tsp. salt

To prepare batter, sift together flour, salt, baking powder and sugar. Add milk and water. Stir and add beaten egg. Then add this mixture to the sifted ingredients. Mix well until batter is smooth. Set aside. Peel the bananas and slice lengthwise. Roll in flour and dip in batter, until the batter is evenly distributed on the banana. In hot cooking oil fry until brown. Drain and coat with sugar before serving. Serve with hot coffee or any drinks or juices.

BUKAYO

6 cups grated coconut
3 cups sugar
12 tbsp. glucose

Mix coconut, sugar and glucose in a large pot. Stir constantly to avoid burning until it does not stick to the fingers when touching. Place on a greased board, making a sheet about 1/4 inch thick. Cut into desired pieces wrap each piece in wax paper.

PUTO MAYA

1 cup rice (malagkit)
1 cup sugar
Coconut milk
2 cups rice
1 grated coconut

In 1-1/2 cup of water cook 1 cup malagkit and other cup of rice mixed with coconut milk and sugar. When cooked shape into cuplike and put grated coconut and sugar on top.

CASSAVA BIBINGKA

4 cups grated cassava
2 tbsp. melted butter
2 cups brown sugar
1 cup grated coconut
(young)
2 cups coconut milk
2 eggs
1 tsp. salt
1/2 cup pure coconut milk

Mix all ingredients except the pure coconut. Pour in greased baking pans or clay over lined with wilted banana leaves. Add grated coconut and pour the pure coconut milk on top sprinkle with sugar.

TURON

1 bunch bananas (saba)
1/2 cup brown sugar
Cooking oil
30 pcs. lumpia wrappers
30 pcs. langka

Peel the bananas and slice lengthwise. Slice langka into thin strips. Wrap a slice of banana with 2 strips of langka on lumpia wrapper. When all done fry in hot cooking oil brown sugar until brown. Serve hot.

ROYAL BIBINGKA

3 eggs
1-1/2 cup coconut milk
4 tsp. baking powder
Banana leaves, wilted
2 cups all-purpose flour
3/4 cups granulated sugar
1/2 cup grated cheese

Beat eggs until light and creamy. Add sugar gradually beating well after each addition. Sift flour and baking powder. Beat dry ingredients alternately with coconut milk. Pour batter into layer of cake pans greased and lined with wilted banana leaves. Bake at 350°F. for 10 minutes. Take out the pans and sprinkle with cheese and bake again for 20 minutes more. While baking brush with margarine until done and sprinkle with sugar. Serve with fresh grated coconut.

RICE FRITTERS

1 cup sifted flour
1/3 cup coconut cream
1/2 tsp. salt
1 cup soft cooked rice
2 eggs
2 tsps. baking powder
1 tsp. vanilla extract
fat for frying

Sift the flour, baking powder and salt into a bowl. Beat the eggs, cream and vanilla extract togehter, then mix into the flour mixture until smooth. Stir in the rice. In deep hot fat 370°F. drop mixture by tablespoons, and fry until brown. Drain and serve hot.

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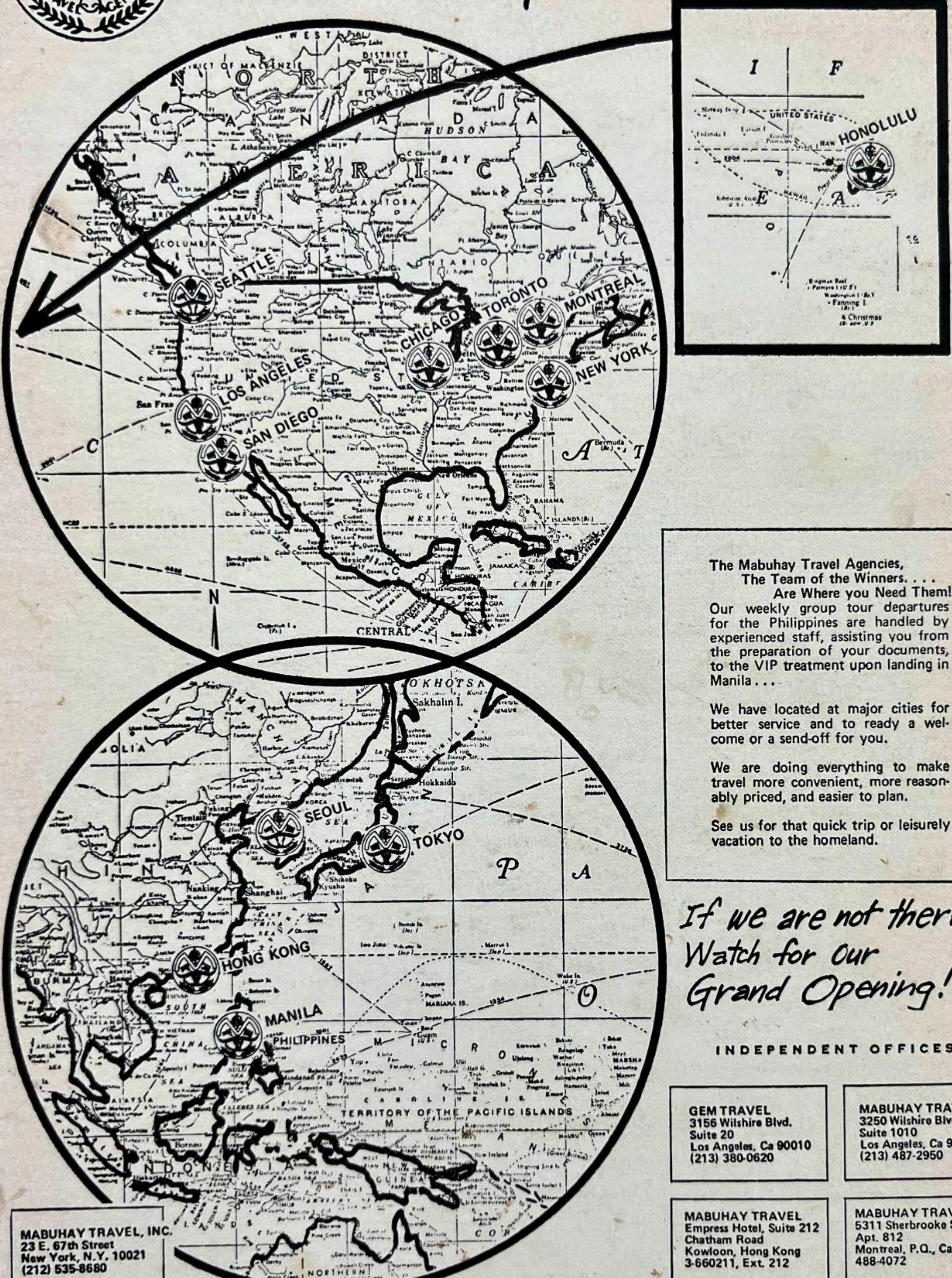

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